

# Weekly Diabetes Update

**May 30, 2008**

**1. May 31<sup>st</sup> is World No Tobacco Day.**

The World Health Organization (WHO) recognizes World No Tobacco Day (WNTD) each year on May 31<sup>st</sup>. This year, the WNTD theme is Tobacco-Free Youth. Read more from the WHO website at

<http://www.wpro.who.int/sites/tfi/wntd/WNTD+2008.htm>.



**2. The Need to Prevent Nicotine Addiction and Diabetes in Our Youth**

Tobacco use continues to be the leading cause of preventable premature mortality in the United States. Nicotine addiction combined with type 2 diabetes is an especially lethal combination because of increased risk of heart attack, stroke, and peripheral vascular disease. Smoking may increase the risk for type 2 diabetes. There is even some evidence that passive exposure to cigarette smoke may increase diabetes risk. Read more from the School Nurse News article published on the National Diabetes Education Program's website at

[http://ndep.nih.gov/resources/schoolnursenews/SNN\\_September\\_2007.htm](http://ndep.nih.gov/resources/schoolnursenews/SNN_September_2007.htm).

**3. Quitline**

The Missouri Tobacco Quitline can help Missourians stop tobacco use. The Quitline offers telephone counseling and resource materials to assist individuals who want to quit smoking. Call **1-800-QUIT-NOW (1-800-784-8669)**. For more information visit

<http://www.dhss.mo.gov/SmokingAndTobacco/>.

**4. Funding Opportunity**

Applications are invited for competitive grant awards from the United States Department of Agriculture (USDA) to support research on behavioral economic strategies to promote healthy eating and obesity prevention. The findings from successful proposals are expected to advance USDA's effort to ensure a healthy, well nourished population. USDA's Economic Research Service (ERS) anticipates awarding up to eight individual grants. The maximum funding level, including indirect costs, per grant is \$30,000 for the duration of the agreement, not to exceed three years. The application due date is **July 3, 2008**. For more information see the Grants.gov posting at

<http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=41796>.

## 5. Diet And Exercise Can Delay Diabetes For Years

Drinking less alcohol, eating more vegetables and exercising can prevent or delay the onset of diabetes, researchers said on Friday in a study showing that lifestyle changes can make a big difference. Diet and exercise reduced the incidence of diabetes by about 43 percent over 20 years among 577 high-risk Chinese adults, the researchers reported in the journal Lancet. Read more in the Reuters.com article online at <http://uk.reuters.com/article/healthNewsMolt/idUKL2293949320080522?pageNumber=1>.

## 6. Diabetes Research News

- For patients undergoing kidney transplantation, treatment with the anti-rejection drug sirolimus may lead to an increased risk of diabetes, reports a study in the July Journal of the American Society of Nephrology. The researchers analyzed US Renal Data System data on approximately 20,000 Medicare beneficiaries undergoing kidney transplantation between 1995 and 2003. None of the patients had diabetes before their kidney transplant. Read more in the article from Medical News Today at <http://www.medicalnewstoday.com/articles/108580.php>.
- PCBs, toxic chemicals found nearly everywhere on the planet, may be fueling the diabetes epidemic, according to a study by researchers at the State University of New York Upstate Medical University. Preliminary findings of the study show the risk of developing diabetes is four times higher among people ages 35 to 54 who were exposed to above-average levels polychlorinated biphenyls—PCBs for short. Researchers studied the prevalence of diabetes among residents of Anniston, Alabama. PCBs were manufactured in Anniston from 1929 until the early 1970s, and high levels of PCBs still exist in the community. Read more in the article from Cleveland's The Plain Dealer at <http://www.cleveland.com/news/plaindealer/index.ssf?/base/news/1211531439200290.xml&coll=2>.
- Sipping a cup of specially formulated cocoa can help ward off diabetes and other cardiovascular disease, new research has found. The German study says flavanols present in cocoa can actually help blood vessels to function better and might soon be considered part of a healthy diet for the prevention of cardiovascular disease. When researchers prescribed three mugs of specially formulated cocoa a day for a month, they found "severely impaired" arteries regained normal function. Flavanols, natural plant compounds also found in tea, red wine, and certain fruits and vegetables, are responsible for cocoa's healthful benefits. *The researchers have cautioned that the study does not mean that people with diabetes should guzzle cocoa*, but rather, that dietary flavanols hold promise as a way to prevent heart disease. Read more in the article posted on All Headline News (AHN) at <http://www.allheadlinenews.com/articles/7011073222>.
- Patients with diabetes fare worse than their non-diabetic counterparts after leg bypass surgery to restore restricted blood flow to the legs due to hardening of the leg arteries, Swedish researchers report. They report in the journal Diabetes Care that diabetics had a 55 percent increased risk of major amputation or death and, on average, survived for less than 1 year without amputation. Read more in the Reuters.com article at <http://www.reuters.com/article/healthNews/idUSCOL35275720080523>.



- New research findings have pinpointed seemingly unrelated measures as possible clues to a person's stroke risk. One of the more surprising studies involves a condition known as benign arterial calcifications, a fairly routine, non-malignant finding that can show up on a mammogram. Physicians had considered these calcifications harmless, but over the last several years, a number of studies have suggested that they might be signs of an increased risk of heart disease and diabetes. Read more in the article from Mississippi's Clarion Ledger posted online at <http://www.clarionledger.com/apps/pbcs.dll/article?AID=/20080527/HEALTH/805270362/1242/health>.
- Researchers have discovered a gene sequence, linking weight gain with the tendency to develop type 2 diabetes. The finding reveals a genetic connection between obesity and its associated health problems that may help identify those at greater risk and lead to more effective treatment. Read more in the article from European Research Headlines at [http://ec.europa.eu/research/headlines/news/article\\_08\\_05\\_29\\_en.html](http://ec.europa.eu/research/headlines/news/article_08_05_29_en.html).
- More American women are entering pregnancy with diabetes, raising the odds of a problem pregnancy and the potential that their children will become diabetic in the future, U.S. researchers said. They found that rates of diabetes before motherhood more than doubled over six years among 175,000 teenage and adult women. The researchers said the increase was likely tied to rising levels of diabetes and obesity in the United States. Having diabetes before pregnancy poses a particular risk because it affects the developing fetus right from the start, they said. Read more in the article from Reuters.com at <http://www.reuters.com/article/topNews/idUSN2739771420080428?sp=true>.
- Overweight people with type 2 diabetes can keep their weight and blood sugar under control over the long term by following a low-carbohydrate diet, Swedish researchers report. Read more in the article from Reuters.com at <http://www.reuters.com/article/healthNews/idUSCOL86412020080528?sp=true>.



## 7. **Largest Ever Trial Conducted in Patients with Type 2 Diabetes Complete “ADVANCE Will Have Huge Implications for Care of Patients Worldwide”**

ADVANCE (Action in Diabetes and Vascular Disease), the largest clinical trial ever performed in patients with type 2 diabetes worldwide, is now complete. The second and final part of this five-year trial investigates the effect of intensive blood glucose lowering treatment on major macrovascular (cardiovascular death, MI, stroke) and microvascular (kidney and eye disease) events. Over 11,000 patients were randomised and more than 20 countries participated in ADVANCE. The final patient visits were made at the end of January 2008; the database is now closed and main analysis complete. The data from the blood glucose lowering arm of ADVANCE will be presented for the first time at the American Diabetes Association Scientific Sessions on June 6, 2008, in San Francisco. To review the complete article go to [www.medicalnewstoday.com/articles/108322.php](http://www.medicalnewstoday.com/articles/108322.php).

**8. The AACE Patient Safety Exchange**

The American Association of Clinical Endocrinologists (AACE) Patient Safety Exchange is a website with the mission of improving the quality and safety of the medical care for patients with diabetes and other metabolic and endocrine disorders. AACE believes that by providing up-to-date, evidence-based, practical information central to improving patient safety they will fill a gap in the knowledge available. Although the website is targeted to the endocrinologist and other health care professionals, the public is welcome. The ask-the-expert area on the website is interactive and will provide for an interchange of ideas and information. Access the website at <http://www.aacepatientsafetyexchange.com/>.

**9. Child Obesity Rate Levels Off**

Researchers led by Cynthia Ogden of the Centers for Disease Control and Prevention (CDC) analyzed survey data gathered between 1999 and 2006, and found that the prevalence of overweight and obesity among American schoolchildren has plateaued at about 32%. After years of rapid increase — the percentage of 6-to-11-year-olds classified as obese rose from 6.5% in 1980 to 16.3% in 2002 — that sounds like good news. "We can be cautiously optimistic that it seems to be leveling off in recent years," says Ogden. Read more in the article from Time posted online at <http://www.time.com/time/health/article/0,8599,1809829,00.html>.

**10. Combining Exercise With Hormone Could Prevent Weight Gain**

Once heralded as a promising obesity treatment, the hormone leptin lost its fat-fighting luster when scientists discovered overweight patients were resistant to its effects. But pairing leptin with just a minor amount of exercise seems to revive the hormone's ability to fight fat again, University of Florida researchers recently discovered. The combination of leptin and a modest dose of wheel running prevented obese rats on a belt-busting, high-fat diet from gaining weight, even though neither tactic worked alone, say UF researchers, writing in the journal Diabetes. Read more in the Science Daily article at <http://www.sciencedaily.com/releases/2008/05/080527183013.htm>.

**11. 2008 Almanac of Chronic Disease**

The 2008 "Almanac of Chronic Disease" presents comprehensive facts that characterize the crisis of chronic disease and how it is contributing to problems with access, affordability and quality of care. In five chapters, they provide information and commentary by health care experts and advisory board members from the Partnership to Fight Chronic Disease, on:

- The human cost of chronic disease;
- The economic of chronic disease;
- The costs of chronic disease tomorrow;
- Opportunities for improvement; and
- Public understanding of the problem.

To download a copy of the 2008 Almanac of Chronic Disease in Portable Document Format (PDF) using Adobe Acrobat Reader, visit the Partnership to Fight Chronic Disease website at [http://www.fightchronicdisease.org/resources/documents/PFCD\\_FINAL\\_PRINT.pdf](http://www.fightchronicdisease.org/resources/documents/PFCD_FINAL_PRINT.pdf).

**12. Bush Signs Genetics Anti-Discrimination Law**

President George W. Bush signed a law that prohibits discrimination against anyone whose genetic information shows a predisposition to illnesses such as cancer or heart disease. The Genetic Information Nondiscrimination Act, passed by overwhelming majorities in the House of Representatives and the Senate, bans health insurers and employers from discriminating on the basis of genetic information. Read more in the article from Reuters.com at <http://www.reuters.com/article/politicsNews/idUSN2143439320080521>.

**13. Weekly Diabetes Recipe**

Please go to the following website to enjoy this week's recipe for **Raspberry Smoothies**: [www.diabeticcooking.com/DCRecipes/200/3578001200.htm](http://www.diabeticcooking.com/DCRecipes/200/3578001200.htm).